

Apple Tasting



Probar manzanas

Cooking with Kids™

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Grades 4-6: Apple Tasting Lesson Plan

Preparation (15 minutes)

1. Divide the students into three groups. Wash hands with soap and warm water. Wash the apples. Give each group of students four plates, each labeled with one kind of apple. Put two apples of one variety on the plate with the matching name, then repeat to prepare the other plates. Leave one apple whole on each plate (for drawing) and cut the rest into enough wedges for the group. Remind students to wait to taste the apples until directions are given.

Farmer Letter and Food Information (15 minutes)

2. Read and discuss the farmer letter and food information. Ask students to take turns reading aloud. Using a world map or globe, ask students to find Asia, Europe, and North America.

Using the Tasting Chart (25 minutes)

3. Direct students to draw and label the four varieties of apples, one in each box.
4. Ask students to write three adjectives in each box that describe the color, shape, size, and texture of each kind of apple.
5. Pass out food trays and napkins. Taste each variety together, taking turns describing how each apple looks, smells, tastes, and feels. Ask students to record their comments on the Tasting Chart. Repeat this process until all the apples have been tasted.
6. Vote on which apple was the favorite. Make a bar graph to show how the class voted. Direct students to the additional activity page.

Clean Up (5 minutes)

7. Encourage students to take responsibility for cleaning up. Ask students to clean their tables, dispose of trash, and clean up the floor. If your school makes compost, take the apple scraps to the compost area. Share any remaining apples with someone in your school or community.

Learning Objectives

- Explore and reinforce healthy food choices
- Use senses to articulate similarities, differences, & personal preference
- Practice oral reading and comprehension
- Broaden knowledge of adjectives
- Practice observation and drawing skills
- Practice graphing concepts and skills

Drawing Suggestions

- Use colored pencils and crayons
- Vary line thickness
- Notice shadow and light

Enrichment Options

- Create a Healthy Foods bulletin board
- Invite a farmer to speak to your class
- Take a field trip to a farmers' market or local farm
- Make applesauce or dried apples

Apple Tasting Supplies

- Six each of four varieties of apples (24 total)
- 1 Stainless steel apple cutter
- Twelve paper plates
- Small paper food trays and napkins, one each per person

Rancho Llam

Hola,

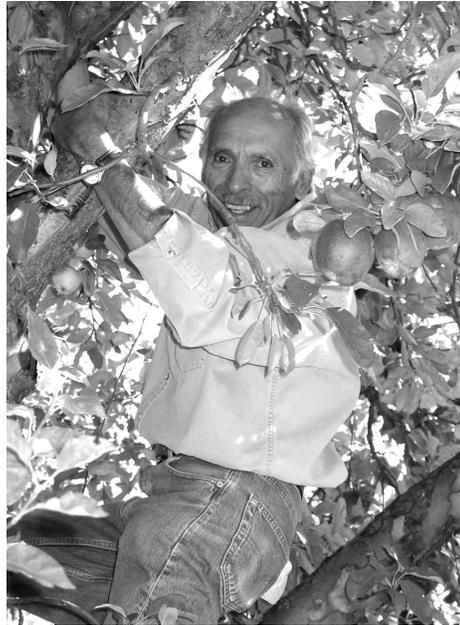
Nuestra familia ha vivido y ha cultivado en la comunidad de Velarde por muchas generaciones. Nos imaginamos que escogieron este lugar para vivir por ser hermoso y por la abundancia de agua para los cultivos. Velarde se encuentra a la mitad de la distancia entre Santa Fe y Taos.

Cultivamos muchas variedades de fruta incluyendo los duraznos, las ciruelas, las cerezas, los albaricoques, las uvas, las peras, las nectarinas y las MANZANAS. La manzana es un cultivo frutal de mayor importancia en esta área. Nuestro huerto consiste en más o menos 10 acres; los manzanos están separados de los otros árboles frutales. Tenemos 16 variedades de manzana con árboles de entre 1 año y 80 años de edad.

No es difícil cultivar manzanas. Hay años cuando producimos 4,000 fanegas y luego hay años cuando la primavera está tan fría que las flores se congelan, lo cual significa que las manzanas no crecen. Otra razón para que los árboles frutales no produzcan es por los vientos fuertes o si no hay abejas para polinizar las flores. Se tienen que regar los árboles frutales cada 15 a 20 días durante la temporada.

Durante el invierno y temprano en la primavera, cuando los árboles están durmientes, podemos los árboles, removiendo las ramas muertas o inútiles. Hay muchos insectos y enfermedades que atacan a los árboles frutales, y trabajamos duro para mantenerlos saludables. Rociamos con un aceite no tóxico en el invierno o temprano en la primavera para ahogar los insectos

La cosecha de manzana tiene lugar desde fines de septiembre hasta mediados de octubre. Los días cálidos y las noches frescas permiten a las manzanas cambiar a sus colores maduros (rojo o dorado). Tal vez algún día quisieran visitar nuestro huerto y recoger algunas manzanas. ¡No hay nada como un mordisco de una manzana fresca y crujiente cultivada en su área local!



Atentamente,

Angelina and Levi Valdez

Rancho Llam

Hi!

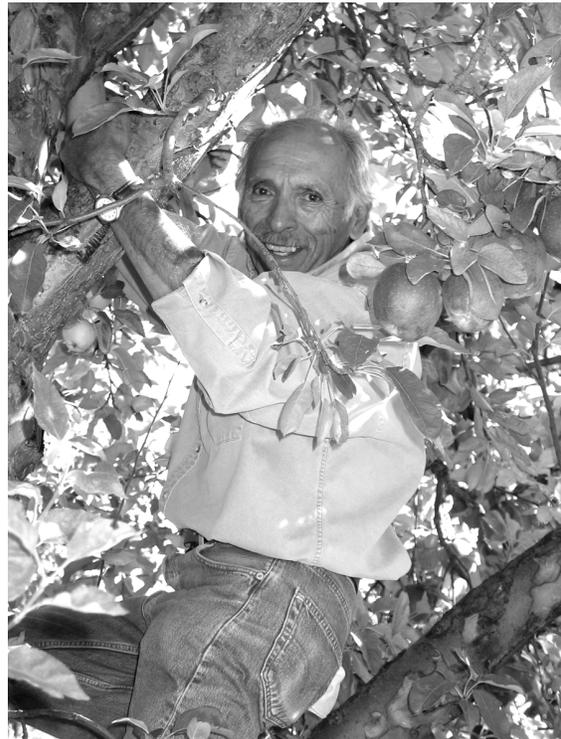
Our family has lived and farmed in the community of Velarde for many generations. We imagine they settled here because of the beauty and abundance of water available for farming. Velarde is located halfway between Taos and Santa Fe.

We grow many kinds of fruit including peaches, plums, cherries, apricots, grapes, pears, nectarines and APPLES! Apples are a major fruit crop in this area. Our orchard is about 10 acres; the apple trees are separated from the other fruit trees. We have 16 varieties of apples, with one-year old trees and eighty-year old trees!

Apples are not so difficult to grow. There are years when we produce 4,000 bushels—and then there are years when the spring is so cold that the blossoms freeze, which means no apples grow. Other reasons that fruit trees don't produce are heavy winds, or if there are no bees to cross-pollinate the blossoms. Most fruit trees need other varieties to assist in the pollination process. Fruit trees need to be irrigated every 15 to 20 days during the growing season.

During the winter and early spring, while the trees are dormant, we prune the trees by removing any dead or useless branches. There are many insects and diseases that attack fruit trees and we work hard to keep the trees healthy. Non-toxic dormant oil is sprayed in winter or early spring to smother damaging insects.

Apple harvest season takes place from late September through mid-October. The warm days and cool nights allow the apples to turn to their ripe color (red or golden). Perhaps someday you might want to come visit our orchard and pick a few apples—there is nothing better than biting into a fresh, locally grown, crisp and crunchy apple!



Sincerely,

Angelina and Levi Valdez

Manzanas

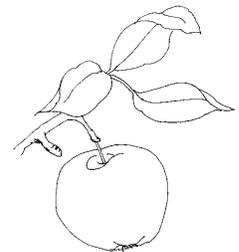
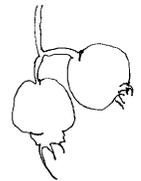
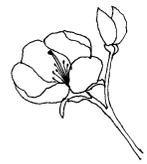
Datos de nutrición y bocadillos de manzana

Es bueno para su cuerpo comer las frutas y las verduras frescas cada día. ¡Descubrir cuales de las diferentes variedades de manzana le gustan puede ser divertido! Las manzanas contienen las vitaminas A y C y la fibra. Comer la fibra es una manera **efectiva** de asegurar que su sistema digestivo funciona bien. La vitamina C ayuda a su cuerpo a sanarse y a combatir las infecciones.

Las manzanas hacen unos bocadillos dulces y frescos. Las manzanas, también, son buenas con queso, o con mantequilla de nuez o con pasas. ¿Ha hecho usted alguna vez puré de manzana casera o empanadas de manzana?

Manzanas en la historia

Las manzanas son frutas **nativas** de Europa y Asia Occidental. Los **inmigrantes** de Europa trajeron las manzanas a Norteamérica en los años 1600. Temprano en los años 1800, había un hombre que viajó a lo largo de la parte este de los Estados Unidos sembrando semillas de manzana. Él sembró miles de semillas de manzana y cuidó a los manzanos tiernos. Se conocía como Johnny Applesseed. Su veredero nombre era John Chapman.



El cultivo de manzana en Nuevo México

En 1620, unos monjes franciscanos trajeron manzanas de España a Nuevo México, donde se han convertido en un cultivo importante. Algunas de las mejores manzanas de los Estados Unidos son cultivadas en la parte norte de Nuevo México, donde las noches frescas son seguidas por días soleados y cálidos. Cada primavera, las flores **fragantes** de los manzanos se convierten en manzanas sabrosas, a menos que una helada congele las flores.

Variedades de manzana

La manzana y la pera pertenecen a la familia de la planta de la rosa. Hoy hay cerca de 7,000 variedades de manzanas que crecen alrededor del mundo; cien variedades son cultivadas **comercialmente**. Hasta hay una manzana que es de un color rosa hermoso por dentro; se llama *Pink Pearl*. Se ven menos de diez variedades de manzanas por lo general en los supermercados, incluyendo *Red Delicious*, *Golden Delicious*, *Jonathan*, *Roma*, *McIntosh*, *Granny Smith*, *Fuji*, *Gala* y *Braeburn*.

Palabras de vocabulario

efectiva

nativas

inmigrantes

fragantes

comercialmente

¿Dónde crecieron primero las manzanas? ¿Quién las trajo a Norteamérica?

¿Quién era Johnny Applesseed? ¿Qué hizo?

¿Quién trajo las manzanas a Nuevo México? ¿Cuándo?

¿Cuántas variedades de manzanas son cultivadas en el mundo?

Apples

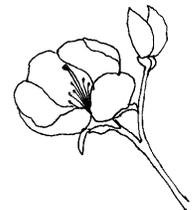
Nutrition Facts and Apple Snacks

Eating fresh fruits and vegetables every day is good for your body. Discovering which of the many different kinds of apples you like can be fun! Apples contain vitamins A and C, and fiber. Eating fiber is an **effective** way to keep your digestion working well. Vitamin C helps your body fight infection and helps healing.

Apples are a sweet and crunchy snack. Apples also taste good combined with cheese or with nut butter or raisins. Have you ever made homemade applesauce or apple empanadas?

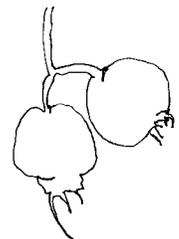
Apples in History

Apples are **native** to Europe and Western Asia. **Emigrants** from Europe brought apples to North America in the 1600s. During the early 1800s there was a man who wandered throughout the eastern part of the United States planting apple seeds. He planted thousands of apple seeds and tended the young trees. He became known as Johnny Appleseed. His real name was John Chapman.



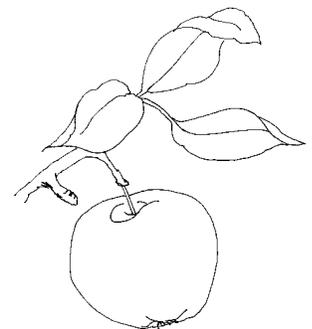
Growing Apples in New Mexico

In 1620, Franciscan monks brought apples from Spain to New Mexico, where they have become an important crop. Some of the finest apples in the United States are grown in Northern New Mexico, where crisp cool nights are followed by warm, sunny days. Every spring, **fragrant** apple blossoms turn into tasty apples, unless frost freezes the flowers.



Apple Varieties

Apples and pears are in the rose plant family. Today there are about 7,000 varieties of apples that grow around the world; a hundred varieties are grown **commercially**. There is even an apple that is a beautiful pink color inside; it is called Pink Pearl. Less than ten varieties of apples are commonly seen in grocery stores, including Red Delicious, Golden Delicious, Jonathan, Rome, McIntosh, Granny Smith, Fuji, Gala and Braeburn.



Vocabulary Words

effective
native
emigrants
fragrant
commercially

Where did apples first grow? Who brought them to North America?

Who was Johnny Appleseed? What did he do?

Who brought apples to New Mexico? When?

How many varieties of apples are grown in the world?

Cuadra de probar manzanas

Apple Tasting Chart

Las temporadas de un manzano

► Dibuja cómo se ve el manzano durante cada temporada.

<p>Invierno</p> <p>En el invierno, el manzano descansa.</p>	<p>Primavera</p> <p>En la primavera, el manzano florece.</p>
<p>Verano</p> <p>En el verano, las pequeñas manzanas empiezan a salir.</p>	<p>Otoño</p> <p>En el otoño, las manzanas están maduras y listas para ser cosechadas.</p>

Seasons of an Apple Tree

► Draw how an apple tree looks during each season.

Winter

Spring

In winter, the apple tree rests.

In spring, the apple tree blossoms.

Summer

Fall

In summer, tiny apples start to grow.

In fall, the apples are ripe and ready to pick.

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Homemade Applesauce

Applesauce is easy to make. By varying how long you cook the sauce, you can choose to make it chunky or smooth. Cooking unpeeled apples allows the applesauce to become a pretty shade of pink. For smooth applesauce, put the cooked sauce through a food mill or wire strainer.

Ingredients

7 medium apples
 ½ cup apple juice or water
 ¼ cup sugar or honey
 ½ teaspoon ground cinnamon, optional

Directions

1. Core and cut the apple into bite-sized chunks. Put the apples into a medium saucepan.
2. Add the remaining ingredients and bring to a boil over medium-high heat. Reduce the heat to low, cover and simmer 10 to 20 minutes, stirring often, until the apples are tender.

Dried Apple Rings

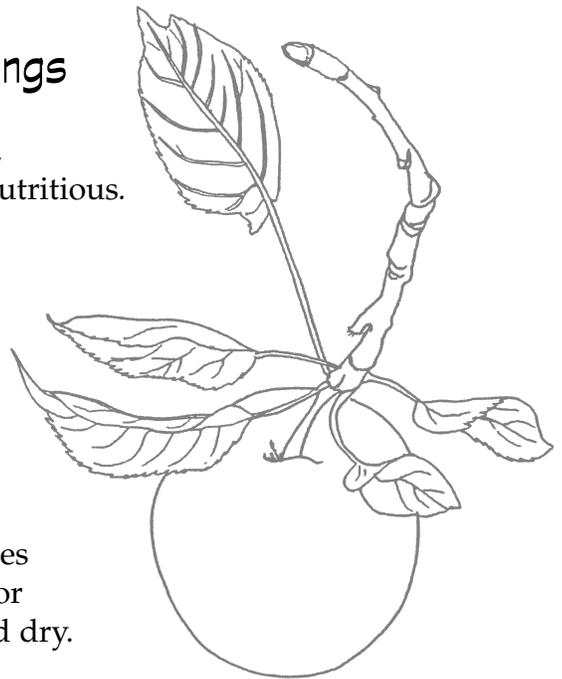
Dried apples make a delicious snack. Just like raisins, which are dried grapes, dried apples are sweet and nutritious.

Ingredients

Whole apples

Directions

1. Wash the apples. Using an apple corer, remove the core. Slice the apples into ⅛-inch thick rings.
2. String the apples onto a string and hang it in a warm room to dry. Make sure that the apple slices are not touching each other. Let the apples hang for at least 3 to 6 days, until they become leathery and dry.
3. Store in zip-lock plastic bags in a cool place or in the freezer.



Cocinando con NiñosTM

Puré de manzana casero

Es fácil hacer el puré de manzana. Si varía el tiempo de cocinar el puré, puede hacerlo con trozos o liso. Si cocina las manzanas sin pelarlas el puré tiene un bonito tinte rosa. Para hacer el puré de manzana liso, pase el puré a través de un molino de comida o un colador de alambre.

Ingredientes

7 manzanas medianas
 ½ taza de jugo de manzana o agua
 ¼ taza de azúcar o miel
 ½ cucharadita de canela molida, opcional

Instrucciones

1. Quite el corazón de las manzanas y córtelas en trozos del tamaño de un bocado. Ponga las manzanas en una cacerola mediana.
2. Agregue los demás de los ingredientes y hiérvelos a fuego medio-alto. Reduzca el fuego y hierva la mezcla a fuego bajo por 10 a 20 minutos, revolviéndola a menudo, hasta que las manzanas estén suaves.

Sortijas de manzanas secas

Las manzanas hacen bocadillos deliciosos. Semejantes a las pasas, que son uvas secas, las manzanas secas son dulces y nutritivas.

Ingredientes

Manzanas enteras

Instrucciones

1. Lave las manzanas. Despepita las manzanas, usando el utensilio para despepitar manzanas. Corte las manzanas en sortijas de una ⅛ pulgada de grueso.
2. Ensarte las manzanas en una cuerda, y cuélguela en un cuarto caliente para que las manzanas se sequen. Asegúrese que las sortijas de manzana no se tocan. Deje las manzanas colgadas por lo menos 3 a 6 días, hasta que estén secas y correosas.
3. Guárdelas en bolsas de plástico, *zip-lock*, en un lugar fresco, o en el congelador.